Revision list - Food nutrition & preparation

A revision list for your end of year exam in food

- Micro and Macro Nutrients
- Food safety/Storage
- Bacteria
- Gluten
- Functions of ingredients
- Raising
- Information on Packaging/ food labels
- Dietary choices/diseases
- Nutritional needs for different ages
- Heat Transfer
- Food waste
- Local and seasonal produced foods

You will need to you your notes made in lessons, the on line text book and the knowledge organisers to help you with revision.